DOCUMENT RESUME

ED 307 276 SP 031 216

AUTHOR Zevin, Dale; McPherson, Carole
TITLE Into Adolescence: Enhancing Self-Esteem. A Curriculum for Grades 5-8. Contemporary Health Series.
SPONS AGENCY Walter S. Johnson Foundation, Menlo Park, CA.
REPORT NO ISBN-0-941816-63-X
PUB DATE 89
NOTE 83p.
AVAILABLE FROM Network Publications/ETR Associates, P.O. Box 1830, Santa Cruz, CA 95061-1830 ($19.95 +15 percent handling).
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Adolescents; Intermediate Grades; *Interpersonal Competence; Junior High Schools; Junior High School Students; *Maturity (Individuals); Self Actualization; *Self Esteem; *Social Development

ABSTRACT

This book is a 10-lesson module for grades 5-8, designed to increase students' awareness of self-esteem as a dynamic, ever-changing component in their lives. Beginning with a "Full Esteem Ahead" lesson to help students identify high and low self-esteem behaviors, this module gives teachers specific instructional strategies for guiding students through a series of esteem-building exercises and group activities. The module: (1) helps students develop and achieve personal self-esteem goals; (2) examines how self-esteem can make one feel powerful and in control; (3) discusses how the media can influence self-esteem; (4) draws the connection between self-esteem and social responsibility; (5) identifies postive self-talk and affirmations as among the methods for building self-esteem; and (6) provides a framework for a self-esteem fitness program. (JD)

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